

A NEW NORMAL

Life happens, there's changes,
new routines up ahead;
The old is out, part of the past....
A new normal's here instead.

It could be from an awakening,
a spiritual decision made;
A lifestyle change renewal....
The old normal now will fade.

It could be from the passing
of a dear beloved one;
The loss means more than one can know....
A new normal has begun.

It may be from health issues,
yours or someone that you know;
Your life may change forever....
A new normal now will show.

It could be a career change
or retirement now your path;
Don't fret or let change scare you....
A new normal's what you have.

Change may not be sought or wanted,
many stresses may abound;
But know in all life's changes....
A new normal will be found.

Written by Lisa Neu

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See, the former things have taken place,
and new things I declare....
Isaiah 42:9